



Capitol Volkssport Club

NEWSLETTER

January, 2014

CVC Board Meeting

Tuesday, January 14, 2014

at Izzy's Restaurant, 3540 SE Pacific Ave., Olympia;

Dinner & Social 5:30 PM;

Business Meeting 6:30 PM; Adjourn 7:30 PM



CVC Annual Holiday Party

Capitol Volkssport Club members gathered for the annual Holiday Party at Susan Berry's home on Tuesday, December 10th, 2013.

Many Thanks...

With deep appreciation and many thanks to the Capitol Volkssport Club for dedicating the Dec. Christmas Walk to my husband, Lloyd Berry. This is a walk that he helped plan for many years. I am deeply touched and greatly honored that you honored his memory in this way. He loved walking and being a member of the club.

Thank you,

Susan Berry

Cookies left from Christmas party were donated to the Salvation Army.



NEWS FROM THE TRAIL...



Upcoming Walks - January 2014

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday January 2	10:00 AM Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Steilacoom Historic Town Walk YRE 0635 10K with 5K option 2B	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 25 min.
Monday January 6	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bay- view Parking Lot.
Thursday January 9	10:00 AM South Bay Market 3425 Schinke Rd Olympia	<u>Woodard Bay Walk</u> YRE 1009 10K with 5K option 1A	N/A
Monday January 13	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bay- view Parking Lot.
Thursday January 16	10:00 AM Centralia Safeway 1129 Harrison Ave Centralia	<u>Centralia Historic Walk</u> YRE 0957 10K with 5K option 1B	9:30 AM Meet at Starbucks at Trospen and Littlerock Road near Fred Meyer. Drive time approx 30 min.
Monday January 20	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bay- view Parking Lot.
Thursday January 23	10:00 AM Thrive Fitness 5401 Corporate Ctr Lp Lacey	<u>Southeast Lacey Walk</u> YRE 0586 10K with 5K option 1A	N/A

(Continued on page 3...)

(Continued from page 2)

Upcoming Walks — January, 2014

Monday January 27	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday January 30	10:00 AM Lacey Safeway 6200 SE Pacific Lacey	<u>Lacey Historic Walk</u> YRE 0950 10K with 5K option 1B	N/A

*** For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@olywa.net) to ask questions about the walks or make start point meeting arrangements.

*** For Thursday walks, please contact Linda (360-943-8858, cell 360-481-7119, e-mail lpolzin@thurston.com) or

Sheila (360-923-5381) to ask questions about the walks or make start point meeting arrangements.

*** If you are a rider in a carpool, please feel free to offer the driver gas money.

If you are the driver in a carpool, please feel free to accept or refuse gas money if it is offered.

Christmas Walk.

The Lloyd Berry Memorial Christmas Walk came off as planned on December 7th in spite of the intense cold weather. Marking the trail was a bit of a challenge but we succeeded with no frostbite and got several compliments on the marking later in the day.

The numbers were down this year, hopefully because of the cold. We had 101 credit walkers and 53 free walkers. Everyone seemed to have a good time and enjoyed cookies and hot drinks at both the checkpoint and start point. We received several more compliments on the new route.



The committee expresses thanks all the members who helped set up and work during the walk and all those who baked those wonderful cookies.

(Continued on page 4)

(Christmas Walk continued from page 3)



A lone walker, Marilyn Viola of the DVVA Club completed her Centurion Challenge Book at the walk, and to make more meaningful, she was walker 100.





Capitol Volkssport Club
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Capitol Volkssport Club (CVC) of Olympia

Washington is a non profit organization dedicated to promoting Public health, fun, recreation, and fellowship through non-competitive walking, biking, swimming or cross country skiing events. Membership is open to all.

The American Volkssport Association (AVA), to which all clubs in the United States belong, is one of 54 countries, that make the International Peoples Sports Club (IVV). The AVA's network of 305 Walking clubs organize more than 3,000 walking events as well as occasional bikes, skis, and swims every year in most of our 50 states.

Yearly CVC dues are:

\$8.00 (individual) per year; \$6:00 for 55+; \$12.00 for family. Only \$2:00 charge for our club's YRE walks. Membership for returning/ongoing members is July. Send membership dues to: **CVC, P.O. Box 2778, Olympia WA 98507.**

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

*Wholesome exercise in the fresh air,
under the wide sky is the best medi-
cine for body and spirit.
- Sarah Louise Arnold -*

Newsletter deadline

Friday, January 31, 2014

Anything that you want to include in the newsletter call Harry at (360)-432-23318 or mail to: H.J. Saukants, P.O. Box 2378, Shelton, WA 98584 or e-mail: hjsaukants@q.com